



**TO: Teachers, Youth Leaders, and the Young-at-Heart**

**RE: Fruit and Veggie Knock! Knock! Bookmarks**

**Knock! Knock!**  
Who's there?  
**Mark.**  
Mark who?  
**Fruit and Veggie**  
**Knock! Knock!**  
**Bookmarks!**

### **Suggestions for using the Knock! Knock! Bookmarks**

- Incentives for 5 A Day (or other) activities
- Free bookmarks at your town or school library
- Book Fair freebies
- Payroll stuffers
- Rainy Day activity, gifts, or a community service project
- (donate them to your local hospital, nursing home, or library):
  - Copy them onto colored paper or card stock
  - On the back, add:
    - Fruit and vegetable stickers
    - Drawings of fruits and vegetables
    - Glue apple seeds in the shape of a flower or star
    - Laminate the bookmarks for more durability

### **We have more materials to help you promote fruits and veggies:**

- Fact sheets and brochures
- Recipes
- Games
- Posters
- Exhibit

### **How to Reach Us**

Phone: 800-852-3345, Ext.4830 (NH only) or 603-271-4830

Email: [5aday@dhhs.state.nh.us](mailto:5aday@dhhs.state.nh.us)

Website: [www.dhhs.nh.gov/DHHS/NHP/](http://www.dhhs.nh.gov/DHHS/NHP/)



**Knock! Knock!**

Who's there?

**Art.**

Art who?

**Artichokes can add  
variety and fiber  
to your life!**

For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

**All these fruits and  
veggies count:**

Fresh

Canned

Frozen

Dried

**Legumes (like lentils,  
pinto beans, split peas)**

**100% Juice**



**NH 5 A Day for  
Better Health  
Program**

603-271-4830

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**Knock! Knock!**

Who's there?

**Arthur.**

Arthur who?

**Authorities say that  
eating fruits and  
veggies  
can help you  
stay healthy.**

For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

**All these fruits and  
veggies count:**

Fresh

Canned

Frozen

Dried

**Legumes (like lentils,  
pinto beans, split peas)**

**100% Juice**



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**Knock! Knock!**

Who's there?

**Aunt.**

Aunt who?

**Aren't you glad  
I reminded you  
to eat more  
fruits and veggies?**

For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

**All these fruits and  
veggies count:**

Fresh

Canned

Frozen

Dried

**Legumes (like lentils,  
pinto beans, split peas)**

**100% Juice**



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**Knock! Knock!**

Who's there?

**Baby.**

Baby who?

**Baby lima beans  
are delicious!  
Try them  
fresh, canned or frozen.**

For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

**All these fruits and  
veggies count:**

Fresh

Canned

Frozen

Dried

**Legumes (like lentils,  
pinto beans, split peas)**

**100% Juice**



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**Knock! Knock!**

Who's there?

**Barry.**

Barry who?

**Add berries to your  
cereal and desserts.**

For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

**All these fruits and  
veggies count:**

Fresh

Canned

Frozen

Dried

**Legumes (like lentils,  
pinto beans, split peas)**

**100% Juice**



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**Knock! Knock!**  
Who's there?  
**Belle.**  
Belle who?  
**Bell peppers**  
are rich in  
flavor, color and  
vitamin C.

For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

All these fruits and  
veggies count:  
Fresh  
Canned  
Frozen  
Dried  
Legumes (like lentils,  
pinto beans, split peas)  
100% Juice



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**Knock! Knock!**  
Who's there?  
**Ben.**  
Ben who?  
**Cooked beans**  
can count as part of  
your daily veggies.

For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

All these fruits and  
veggies count:  
Fresh  
Canned  
Frozen  
Dried  
Legumes (like lentils,  
pinto beans, split peas)  
100% Juice



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**Knock! Knock!**  
Who's there?  
**Billy.**  
Billy who?  
**Billy the  
Kid-ney Bean!**

For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

All these fruits and  
veggies count:  
Fresh  
Canned  
Frozen  
Dried  
Legumes (like lentils,  
pinto beans, split peas)  
100% Juice



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**Knock! Knock!**  
Who's there?  
**Carrie.**  
Carrie who?  
**Carry fruits and veggies**  
to work.

For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

All these fruits and  
veggies count:  
Fresh  
Canned  
Frozen  
Dried  
Legumes (like lentils,  
pinto beans, split peas)  
100% Juice



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**Knock! Knock!**  
Who's there?  
**Corey.**  
Corey who?  
**Core-y an apple,**  
add raisins and  
cinnamon,  
and bake it for dessert.

For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

All these fruits and  
veggies count:  
Fresh  
Canned  
Frozen  
Dried  
Legumes (like lentils,  
pinto beans, split peas)  
100% Juice



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**Knock! Knock!**

Who's there?

**Curly.**

Curly who?

**Curly-leaf endive  
will add  
vitamins and variety  
to your salad.**

**Knock! Knock!**

Who's there?

**Dan.**

Dan who?

**Dandelion greens add  
novelty, vitamins,  
and minerals  
to your life.**

**Knock! Knock!**

Who's there?

**Danielle.**

Danielle who?

**Don't yell at me- --  
I ate my  
fruits and veggies  
today!**

**Knock! Knock!**

Who's there?

**Doug.**

Doug who?

**Doggone it! --  
don't forget your  
fruits and veggies  
today!**

**Knock! Knock!**

Who's there?

**Earl.**

Earl who?

**Early in the spring, try  
fresh  
snow peas  
and pea pods.**

**For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.**

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every day.**

**For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.**

**All these fruits and  
veggies count:**

**Fresh**

**Canned**

**Frozen**

**Dried**

**Legumes (like lentils,  
pinto beans, split peas)**

**100% Juice**

**All these fruits and  
veggies count:**

**Fresh**

**Canned**

**Frozen**

**Dried**

**Legumes (like lentils,  
pinto beans, split peas)**

**100% Juice**

**All these fruits and  
veggies count:**

**Fresh**

**Canned**

**Frozen**

**Dried**

**Legumes (like lentils,  
pinto beans, split peas)**

**100% Juice**

**All these fruits and  
veggies count:**

**Fresh**

**Canned**

**Frozen**

**Dried**

**Legumes (like lentils,  
pinto beans, split peas)**

**100% Juice**

**All these fruits and  
veggies count:**

**Fresh**

**Canned**

**Frozen**

**Dried**

**Legumes (like lentils,  
pinto beans, split peas)**

**100% Juice**



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**Knock! Knock!**  
Who's there?  
**Ella.**  
Ella who?  
**Elephant garlic adds  
spice to your life!**

For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

All these fruits and  
veggies count:  
Fresh  
Canned  
Frozen  
Dried  
Legumes (like lentils,  
pinto beans, split peas)  
100% Juice



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**Knock! Knock!**  
Who's there?  
**Evan.**  
Evan who?  
**Even if you're  
in a hurry,  
you can microwave  
veggies  
in 5 minutes.**

For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

All these fruits and  
veggies count:  
Fresh  
Canned  
Frozen  
Dried  
Legumes (like lentils,  
pinto beans, split peas)  
100% Juice



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**Knock! Knock!**  
Who's there?  
**Fergie.**  
Fergie who?  
**Forget to eat  
fresh fruits?  
Keep them in a bowl  
on your table  
or in your fridge.**

For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

All these fruits and  
veggies count:  
Fresh  
Canned  
Frozen  
Dried  
Legumes (like lentils,  
pinto beans, split peas)  
100% Juice



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**Knock! Knock!**  
Who's there?  
**Frank.**  
Frank who?  
**Frankly,  
you could use more  
fruits and veggies.**

For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

All these fruits and  
veggies count:  
Fresh  
Canned  
Frozen  
Dried  
Legumes (like lentils,  
pinto beans, split peas)  
100% Juice



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**Knock! Knock!**  
Who's there?  
**Granny.**  
Granny who?  
**Granny Smith apples  
make a great snack.**

For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

All these fruits and  
veggies count:  
Fresh  
Canned  
Frozen  
Dried  
Legumes (like lentils,  
pinto beans, split peas)  
100% Juice



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**Knock! Knock!**

Who's there?

**Gus.**

Gus who?

**Asparagus**  
is yummy served  
hot or cold.

**Knock! Knock!**

Who's there?

**Honey.**

Honey who?

**Honeydew**  
is great at  
any meal or snack.

**Knock! Knock!**

Who's there?

**Joy.**

Joy who?

**Join the crowd!**  
Eat lots of  
fruits and veggies  
every day!

**Knock! Knock!**

Who's there?

**Jonathan.**

Jonathan who?

**Jonathan apples**  
are  
extra crisp and tart.

**Knock! Knock!**

Who's there?

**Juan.**

Juan who?

**One cup of**  
fresh leafy  
veggies!  
Try it with your  
lunch or dinner!

For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

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For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

All these fruits and  
veggies count:

Fresh

Canned

Frozen

Dried

Legumes (like lentils,  
pinto beans, split peas)

100% Juice

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veggies count:

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**Knock! Knock!**

Who's there?

**Juanita.**

Juanita who?

**One itty-bitty box  
of raisins  
makes a great snack!**

For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

All these fruits and  
veggies count:

Fresh

Canned

Frozen

Dried

Legumes (like lentils,  
pinto beans, split peas)

100% Juice



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**Knock! Knock!**

Who's there?

**Julius.**

Julius who?

**Orange Julius  
is a refreshing way  
to get to get some  
fruit juice  
into your day!**

For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

All these fruits and  
veggies count:

Fresh

Canned

Frozen

Dried

Legumes (like lentils,  
pinto beans, split peas)

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**Knock! Knock!**

Who's there?

**Justin.**

Justin who?

**Just in case you  
were wondering,  
one half cup of  
sweet potato has  
more vitamin A than  
you need for one day.**

For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

All these fruits and  
veggies count:

Fresh

Canned

Frozen

Dried

Legumes (like lentils,  
pinto beans, split peas)

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**Knock! Knock!**

Who's there?

**Justine.**

Justine who?

**Just in case you  
were wondering,  
one mango has  
all the vitamin A  
you need  
for one day.**

For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

All these fruits and  
veggies count:

Fresh

Canned

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**Knock! Knock!**

Who's there?

**Kid.**

Kid who?

**Kidney beans  
are high in fiber.**

For better health,  
eat a  
colorful variety of  
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every day.

All these fruits and  
veggies count:

Fresh

Canned

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**Knock! Knock!**  
Who's there?  
**Les.**  
Les who?  
**Let's have**  
**hot applesauce**  
**for dessert tonight!**

**Knock! Knock!**  
Who's there?  
**Logan.**  
Logan who?  
**Loganberries make a**  
**yummy snack or dessert**  
**topping.**

**Knock! Knock!**  
Who's there?  
**Mack.**  
Mack who?  
**Macintosh apples**  
**make great**  
**applesauce!**

**Knock! Knock!**  
Who's there?  
**Mel.**  
Mel who?  
**Watermelon**  
**is great for dessert!**

**Knock! Knock!**  
Who's there?  
**Mike.**  
Mike who?  
**Microwave**  
**your veggies**  
**for dinner!**

For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

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All these fruits and  
veggies count:  
Fresh  
Canned  
Frozen  
Dried  
Legumes (like lentils,  
pinto beans, split peas)  
100% Juice

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veggies count:  
Fresh  
Canned  
Frozen  
Dried  
Legumes (like lentils,  
pinto beans, split peas)  
100% Juice

All these fruits and  
veggies count:  
Fresh  
Canned  
Frozen  
Dried  
Legumes (like lentils,  
pinto beans, split peas)  
100% Juice

All these fruits and  
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Fresh  
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**Knock! Knock!**

Who's there?

**Moe.**

Moe who?

**More fruits and veggies  
is what we all need  
to stay healthy!**

For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

**All these fruits and  
veggies count:**

Fresh

Canned

Frozen

Dried

**Legumes (like lentils,  
pinto beans, split peas)**

**100% Juice**



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**Knock! Knock!**

Who's there?

**Mrs.**

Mrs. who?

**Missing your  
daily veggies?  
Add some to your  
favorite sandwich.**

For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

**All these fruits and  
veggies count:**

Fresh

Canned

Frozen

Dried

**Legumes (like lentils,  
pinto beans, split peas)**

**100% Juice**



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**Knock! Knock!**

Who's there?

**Ms.**

Ms who?

**Missing your daily  
veggies?  
Add some frozen  
veggies to your favorite  
canned soup.**

For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

**All these fruits and  
veggies count:**

Fresh

Canned

Frozen

Dried

**Legumes (like lentils,  
pinto beans, split peas)**

**100% Juice**



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**Knock! Knock!**

Who's there?

**Pearl.**

Pearl who?

**Pearl onions  
are another way to have  
veggies at dinner.**

For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

**All these fruits and  
veggies count:**

Fresh

Canned

Frozen

Dried

**Legumes (like lentils,  
pinto beans, split peas)**

**100% Juice**



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**Knock! Knock!**

Who's there?

**Percy.**

Percy who?

**Persimmons  
are delicious!**

For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

**All these fruits and  
veggies count:**

Fresh

Canned

Frozen

Dried

**Legumes (like lentils,  
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**100% Juice**



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**Knock! Knock!**

Who's there?

**Perry.**

Perry who?

**Pears**

in your tuna salad  
are a tasty  
change of pace.

**Knock! Knock!**

Who's there?

**Ray.**

Ray who?

**Raisins can be**

taken on a to school,  
to work, in the car, or  
on a hiking/biking trip.

**Knock! Knock!**

Who's there?

**Red.**

Red who?

**Red peppers**

are great  
on a shish kebab!

**Knock! Knock!**

Who's there?

**Ron.**

Ron who?

**Run out of fresh**  
fruits and veggies?  
Remember, frozen,  
canned, and dried  
count, too.

**Knock! Knock!**

Who's there?

**Rose.**

Rose who?

**Roasted squash**  
is delicious  
and easy to fix!

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eat a  
colorful variety of  
fruits and veggies  
every day.

For better health,  
eat a  
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every day.

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every day.

For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

All these fruits and  
veggies count:

Fresh

Canned

Frozen

Dried

Legumes (like lentils,  
pinto beans, split peas)

100% Juice

All these fruits and  
veggies count:

Fresh

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Frozen

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**Knock! Knock!**  
Who's there?  
**Ruth.**  
Ruth who?  
**Root veggies**  
like potatoes,  
carrots,  
and parsnips  
are delicious  
in a cold salad.

For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

All these fruits and  
veggies count:  
Fresh  
Canned  
Frozen  
Dried  
Legumes (like lentils,  
pinto beans, split peas)  
100% Juice



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**Knock! Knock!**  
Who's there?  
**Sal.**  
Sal who?  
**Salsa is easy**  
to make with  
tomatoes,  
onions, and peppers!

For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

All these fruits and  
veggies count:  
Fresh  
Canned  
Frozen  
Dried  
Legumes (like lentils,  
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**Knock! Knock!**  
Who's there?  
**Sal.**  
Sal who?  
**Fruit and veggie salads**  
add color and flavor to  
your meals.

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colorful variety of  
fruits and veggies  
every day.

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**Knock! Knock!**  
Who's there?  
**Sam.**  
Sam who?  
**Some days**  
you're in a rush--  
try the grocery store  
salad bar  
for a quick meal.

For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

All these fruits and  
veggies count:  
Fresh  
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**Knock! Knock!**  
Who's there?  
**Seymour.**  
Seymour who?  
**See more things**  
in the dark--  
eat something rich  
in vitamin A.

For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

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veggies count:  
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Canned  
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**Knock! Knock!**

Who's there?

**Stu.**

Stu who?

**Stewed dried fruit  
makes a  
great dessert.**

**Knock! Knock!**

Who's there?

**Sweetie.**

Sweetie who?

**Sweet-ie potatoes  
are delicious  
just baked  
in their skins.**

**Knock! Knock!**

Who's there?

**Tom.**

Tom who?

**Tomato sauce  
counts as a veggie.**

**Knock! Knock!**

Who's there?

**Ugly.**

Ugly who?

**Ugli fruit  
is fun to eat!**

**Knock! Knock!**

Who's there?

**Uncle.**

Uncle who?

**Uncle Sam  
wants you  
to eat more  
fruits and veggies!**

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eat a  
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every day.

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For better health,  
eat a  
colorful variety of  
fruits and veggies  
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All these fruits and  
veggies count:

Fresh

Canned

Frozen

Dried

Legumes (like lentils,  
pinto beans, split peas)  
100% Juice

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**Knock! Knock!**

Who's there?

**Us.**

Us who?

**Asparagus**  
tastes great in a  
salad or sandwich.

**Knock! Knock!**

Who's there?

**Val.**

Val who?

**Valencia oranges**  
are rich in  
fiber and vitamin C.

**Knock! Knock!**

Who's there?

**Will.**

Will who?

**Will you please**  
put some  
veggies  
on my pizza?

**Knock! Knock!**

Who's there?

**You.**

You who?

**You should try a new**  
fruit or veggie  
recipe today!

**Knock! Knock!**

Who's there?

**Yvonne.**

Yvonne who?

**Even tomato juice**  
counts as a veggie.

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eat a  
colorful variety of  
fruits and veggies  
every day.

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For better health,  
eat a  
colorful variety of  
fruits and veggies  
every day.

All these fruits and  
veggies count:

Fresh

Canned

Frozen

Dried

Legumes (like lentils,  
pinto beans, split peas)  
100% Juice

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